

## ABSTRACT

A toner for developing an electrostatic image is disclosed. The arithmetic average of shape coefficient SF-1 of the toner particles calculated by Equation 1 is from 125 to 170 and a ratio of that to an arithmetic average of the shape coefficient SF-2 of the toner particles calculated by Equation 2, SF-1/SF-2, is from 1.10 to 1.52 and the ratio of the toner particles having a circle corresponding diameter measured by a flow particle image analyzer of from not less than 0.60 to less than 1.00  $\mu\text{m}$  is not more than 5.0% in number. The image forming methods employing the toner are also disclosed.

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